



May 12, 2014

Dear Colleague,

National Women's Health Week is here! For the past 15 years, the Office on Women's Health has been leading this effort. We want women to make their health a priority, and each year we are reaching more women with this important message. Our reach is due in large part to our partners — including many of you. I appreciate your continued support and applaud your commitment to women's health.

If you haven't joined the celebration yet, it's not too late! Show your support for National Women's Health Week by doing one or more of the following:

- Attend a National Women's Health Week [Meetup](#) — an event or activity that promotes women's health — during the month of May. Events range from free health screenings to walking groups.
- Pledge to be a well woman and [get on the map](#).
- Use our [social media toolkit](#) to post our prewritten messages on Facebook and Twitter. On Twitter, use the hashtag #NWHW, and ask your followers to join the conversation as well.
- Use our [Facebook cover photos](#) throughout National Women's Health Week.
- Update your social media profile pictures. Make the National Women's Health Week [logo](#) your profile picture, or add our [Twibbon](#) to your existing picture.
- Join our [National Women's Health Week group board](#) on Pinterest.
- Promote our National Women's Health Week [infographics and infocards](#). We'll be releasing new visuals each day this week, so keep returning to our website!

Remember, we know that women often care for everyone else and too often put their own health last. This National Women's Health Week, let's begin to change that! Understand that when you care for yourself, you are better able to care for others. Please visit our website, www.womenshealth.gov/nwhw, for more information — and happy National Women's Health Week! Thank you for all you do to ensure that all women and girls achieve their best possible health.

Sincerely,

/Nancy C. Lee/

Nancy C. Lee, M.D.
Deputy Assistant Secretary for Health — Women's Health
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